



# Group Exercise Schedule

**Effective March 1, 2025 until new schedule published**

*Schedule subject to change at any time.*

*Go to the Derry Township Parks and Recreation website for the most current schedule.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:30 am Full Body Strength Amy		5:45 - 6:30 am Tabata & Core Amy		5:45 - 6:30 am Full Body Strength Amy		
					7:45 - 8:30 am Barre Pat & Kim	
			8:00 - 8:45 am Chisel Kim		8:30 - 9:15 am HEAT Danica & Pam	
8:00 - 8:45 am Barre Pat	8:00 - 8:45 am Level 1 Cycling Bo	8:00 - 8:45 am Barre Pat	8:00 - 8:45 am Cycling Bob		8:30 - 9:15 am Cycling Rotation	
9:00 - 9:45 am SilverSneakers® Circuit Kathy	9:00 - 9:45 am Level 1 Cycling Pat	9:00 - 9:45 am SilverSneakers® Circuit Kathy	9:00 - 9:45 am Level 1 Cycling Kathy		9:30 - 10:15 am Core & More Yoga Christy	
	9:00 - 9:45 am Pound Melissa	9:00 - 9:45 am Strength & Tone Kim	9:00 - 9:45 am Yoga Carly	9:00 - 9:45 am Strength & Tone Ashley	9:30 - 10:15 am Zumba® Molly	9:15 - 10:00 am Cycling Stephany
10:00 - 10:45 am Zumba® Molly	10:00 - 11:00 am Yoga Flow Hanna	10:00 - 10:45 am Bootcamp Kim		10:00 - 10:45 am Level 1 Strength Kim		10:00 - 10:45 am Yoga Alyssa
	10:15 - 11:00 am Zumba Gold® Judy	10:00 - 10:45 am Agility & Balance Kathy				
	11:15 am - 12:15 pm Mindful Movement Hanna		11:00 - 11:45 am Resiliency & Mobility Deb			
				5:00 - 5:45 pm LaBlast® Janice		
	5:15 - 6:00 pm Strength & Tone Anna		5:15 - 6:00 pm Strength & Tone Anna			
5:45 - 6:30 pm Cycle Sculpt Christy		5:30 - 6:15 pm Cycling Stephany	5:30 - 6:30 pm Cycle Sculpt Sirae			
5:45 - 6:30 pm HEAT Pam		5:45 - 6:30 pm Tabata Danica & Pam				
6:45 - 7:30 pm Pound Melissa	6:15 - 7:00 pm Vinyasa Yoga Hailey	6:00 - 6:45 pm Cardio & Core Christy	6:15 - 7:00 pm Vinyasa Yoga Christy			

*Level 1 classes are great for beginners, seniors, or anyone looking for a lower-intensity, but still effective class.*

*We suggest bringing a water bottle and small towel to each class.*

*Yoga: Please bring your own mat for sanitary/safety reasons. We have a limited # of mats available for use.*

Color indicates class location:

- Group Exercise 1 Studio
- Group Exercise 2 / Spin Studio
- Large Group Fitness Studio

